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ABSTRACT

Physical education staff (principals and division superintendents) in the Manitoba, Canada department of education responded to a survey pertaining to time allotments of physical education programs. Survey results indicated that all levels of administration supported the implementation of daily physical education programs. There is general adherence to current departmental guidelines in respect to time allotments. Administrators revealed that numerous environments were used for physical education programs and that more space could be found to accommodate increased amounts of time in the programs. The majority of schools required inservice training for implementation of a daily physical education program. Many felt that such a program could be adapted within two years, but that additional resources would be needed. The twelve survey questions are included as well as the most common responses, and, in several instances, the percentage of various replies. Survey results will be used in the determination of the recommendations for time allotments and implementation of a revised physical education program. (CJ)

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SURVEY

DAILY PHYSICAL EDUCATION/FITNESS

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Manitoba Department of Education

Curriculum Services

(Physical Education)

September, 1980

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ACKNOWLEDGEMENTS

The Department of Education wishes to express its sincere appreciation and thanks to all school principals and division superintendents responding to the Daily Physical Education/Supplemental Fitness Survey.

Special thanks to Wally Huska of Education Data Services and to the Research Branch for their assistance.

INTRODUCTION

Curriculum revision periodically necessitates a review of time allotments to ensure that goals and objectives can be realistically achieved. As a result, time allotment recommendations were withheld from the interim Physical Education Guide, distributed for discussion purposes in March, 1980, until such time as the Department's Curriculum Policy and Review Council could review the situation. The Survey on Daily Physical Education/Fitness was undertaken for the Department of Education by the Physical Education staff of the Curriculum Services Branch. The results included in this report will be used in the determination of the recommendations for time allotments in the final document to be published in 1981, and in the implementation of the revised K-12 Physical Education Program.

The Survey does not include information on intramural or interscholastic programs.

SUMMARY

Questionnaires were sent to all superintendents' departments and schools in the province, including federal and private. Questionnaire response was extremely high, with 75% of superintendents (87% of unitary school divisions) and 69% of all principals in the province responding. The following pages will provide information on the frequency of responses and profile charts of the data, where applicable.

In general, the Survey documents:

- Significant support from all levels of administration for the implementation of a daily physical education/fitness program in the province of Manitoba.
- General adherence to Departmental guidelines in respect to time allotments at the grade 4-12 level. Primary grades K-3 are slightly below the recommended minimum.
- Frequency of scheduled physical education periods (mean values) is at an acceptable level when related to a six day cycle.

- Additional (beyond the 6%) scheduled physical education time is primarily achieved by reducing time in other subjects, incorporating existing health time with physical education, or utilizing available study or home room time.
- Numerous environments are available and used for physical education/ fitness programs. The gymnasium, school site, community facilities, empty classrooms and multi-purpose areas are most frequently listed.

  Hallways, empty classrooms and multi-purpose rooms (where available) could accommodate increased amounts of physical education/fitness time.
- Manitoba schools primarily use the Canada Fitness Awards Program and the Manitoba Schools' Fitness Test for physical fitness evaluation.
- 15% of Manitoba schools at the K-6 level offer supplemental fitness programs.
- Frequency of scheduled supplemental fitness in reporting schools is approximately 3-4 periods per cycle. Periods average 15 minutes per session.
- The majority of schools require teacher in-servicing to implement a daily physical education/fitness program.
- 55% of responding schools felt that a daily physical education/fitness program could be achieved within 2 years. 28.4% did not respond.
- 49.2% of respondents felt additional resources were required to implement daily physical education/fitness. Facilities, staff and equipment were most frequently mentioned.

Superintendents' Responses

No. of superintendents sent questionnaires - 63

No. of superintendents responding - 47

- Unitary school division superintendents (41)
- Special and other district superintendents (6)

Percentage of superintendents responding to the questionnaire - 75%

Percentage of unitary school division superintendents responding to the questionnaire - 87%

Results

(1) Does your school division believe that daily physical education/fitness is a desirable objective for your schools?

91.5% of responding school division/district superintendents believe that daily physical education/fitness is a desirable objective for their schools.

(2) *Does your school division presently have a policy document or statement relating to physical education/fitness programming and time allotments?*

83% of school divisions/districts do not have a system policy relating to daily physical education/fitness programming and/or time allotments.

School Responses

No. of schools sent questionnaires - 819

No. of schools responding - 563

- Unitary schools (494)
- Special (25)
- Federal (20)
- Private (22)
- Unknown (2)

Percentage of schools responding - 69%

Results

Extensive school grade level combinations (i.e., K-4, 3-6, 1-10, etc.) prohibit full computer assessment. The data identifies Manitoba schools utilizing 49 different grade level groupings.

(1) *Does your school operate on a calendar week or on a school day cycle?*

77.4% (436) of the schools are scheduled on a cycle basis. The cycles vary from 1 to 12 days. 68% (383) of the schools operate on a 6-day cycle.

21% (118) of the schools utilize a calendar week schedule or have not identified their schedule for inclusion in the data.

Timetable organizational patterns for secondary schools indicate that junior high schools generally schedule their program on a traditional school year basis; however, semestering becomes more popular at the senior high school level. No schools report a trimester pattern.

Grade Level	No. of Reporting Schools on a Traditional Yearly Program by Grade Level	No. of Reporting Schools on a Semester Pattern by Grade Level
7	268 (76%)	22 (24%)
8	269 (79%)	23 (21%)
9	189 (84%)	35 (16%)
10	69 (51%)	66 (49%)
11	56 (50%)	57 (50%)
12	29 (57%)	21.5 (43%)

SCHEDULED PHYSICAL EDUCATION TIME

(2) *Please indicate the total number of scheduled periods and number of minutes per cycle/week for each grade level having scheduled physical education in your school.*

The data (based on mean values) indicates that grades 4-12 meet or exceed the recommended minimum 6% of time recommended by the Department for physical education. The 1976-77 Manitoba Schools' Physical Fitness Survey suggested that only 20% of Manitoba elementary schools (K-6) met the Department of Education requirement.

At least 50% of the schools in Manitoba provide a minimum of 3 periods of physical education per 6-day cycle. Frequency is in accordance with the acceptable level mentioned in the FITT Principle.*

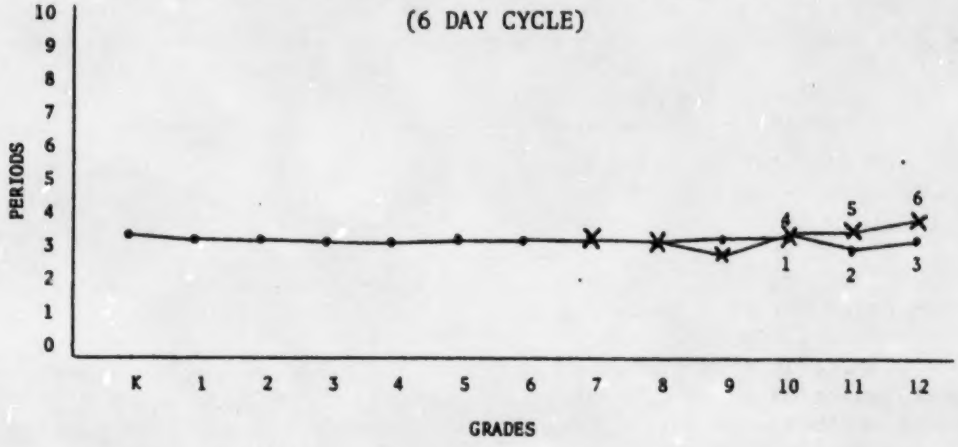
There is little difference between the amount of time scheduled for physical education in schools utilizing a calendar week pattern or a cycle pattern (6 day).

Time mean values for Grades 10-12 are based on response frequencies noted below and on Pages 5 and 6. The response reflects 70% of all schools housing Grades 10-12 in the province.

* Pollock, Michael L., Wilmore, Jack H., and Fox, Samuel M. III. Health and Fitness Through Physical Activity (A Volume in the American College of Sports Medicine Series). Toronto: John Wiley and Sons, 1978.

SCHEDULED PERIODS OF PHYSICAL EDUCATION (K-12)

(6 DAY CYCLE)



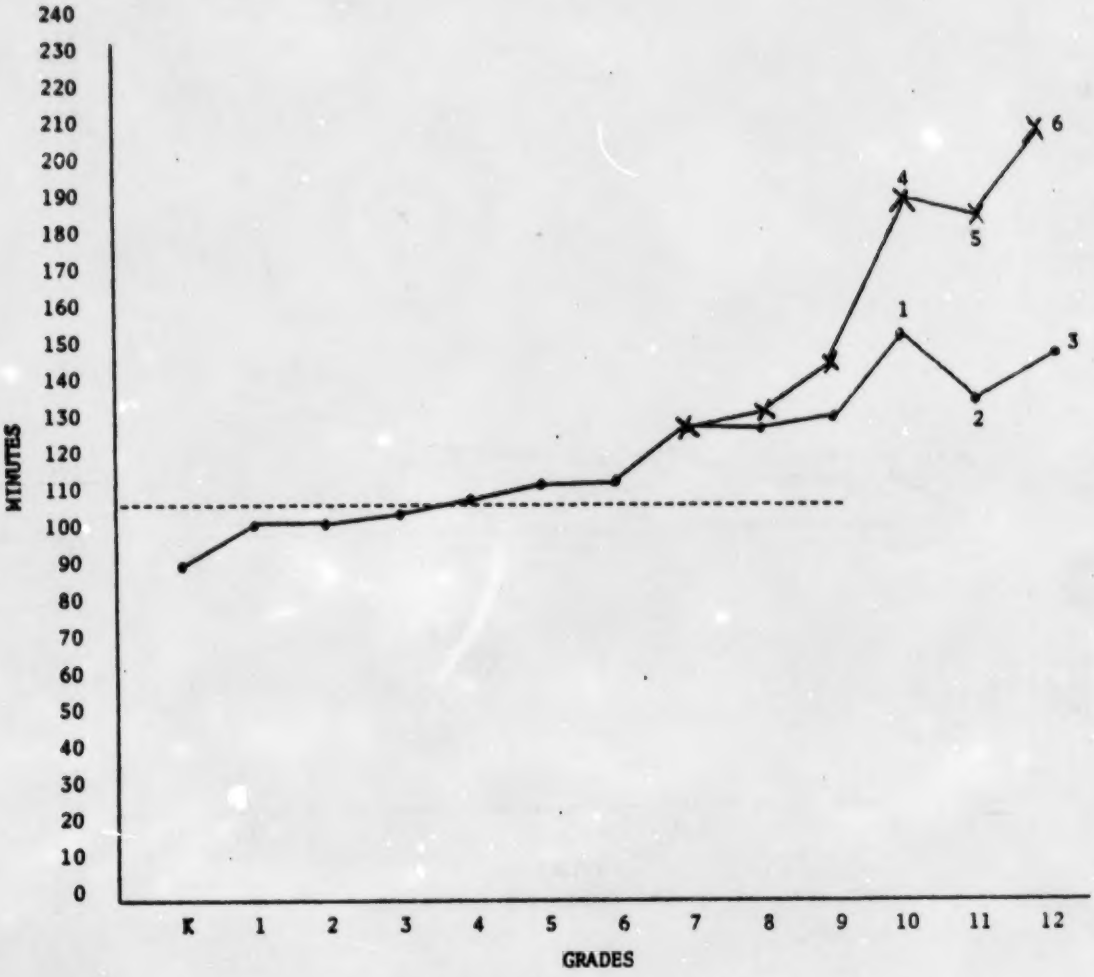
Existing

Semestered Schools (7-12)

Percent Responses for Grades 10-12:

1. 90 schools (50%)
2. 71 schools (40%)
3. 35 schools (20%)
4. 46 schools (26%)
5. 45 schools (26%)
6. 15 schools (8%)

MINUTES (MEANS) OF SCHEDULED PHYSICAL EDUCATION PER 6 DAY CYCLE (K-12)



----- Recommended by the Dept. of Education

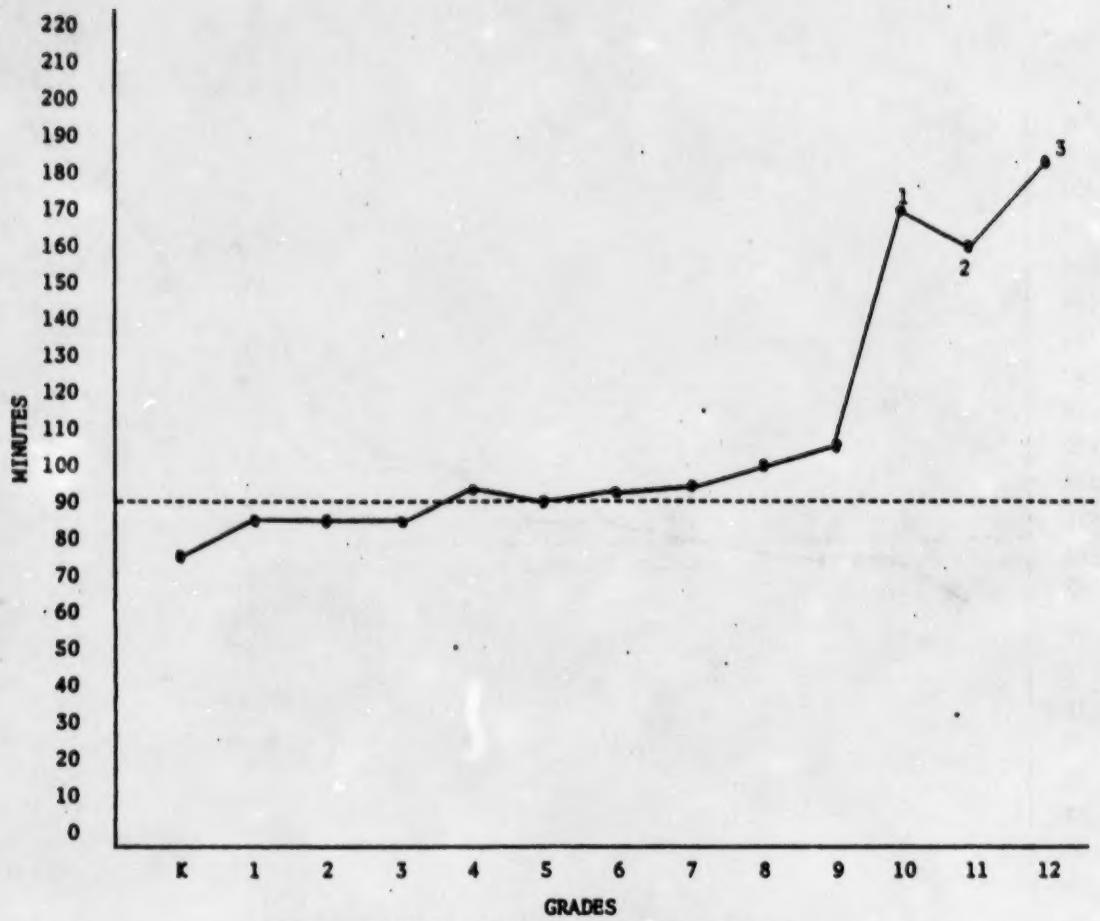
●——● Existing

x——x Semestered Schools (7-12)

Percent Responses for Grades 10-12:

1. 90 schools (50%)
2. 71 schools (40%)
3. 35 schools (20%)
4. 46 schools (26%)
5. 45 schools (26%)
6. 15 schools (8%)

MINUTES OF SCHEDULED PHYSICAL EDUCATION PER CALENDAR WEEK (K-12)



----- Recommended by the Dept. of Education

——— Existing

Percent Responses for Grades 10-12:

1. 10 schools (5.5%)
2. 9 schools (5.0%)
3. 4 schools (2.1%)

(3) *If scheduled physical education time in your school exceeds 90 minutes per calendar week or 105 minutes per 6-day cycle for grades K-9 OR 110-120 hours (1 credit) for grades 10-12, how is this time obtained?*

Additional Scheduled Physical Education Time is obtained by:
(No. of Schools)

	K-9	10-12
Reducing time in other subjects	134 (23.8%)	2 (2.1%)
Eliminating recess	44 (7.8%)	16 (2.8%)
Incorporating health time	107 (19%)	21 (3.7%)
Available study or home room time	76 (13.5%)	26 (4.6%)
Reduced lunch break	21 (3.7%)	8 (1.4%)
Other*	29 (5.2%)	18 (3.2%)

* Other = Balanced timetabling, larger class groupings, extra time added to day, integration of subjects, etc.

Facilities

(4) *Place a check in the appropriate box(es) to indicate:*
(A) Existing facilities
(B) Existing facilities where scheduled physical education or supplemental activities take place

Respondents identified the following listed facilities as existing and/or presently being used for scheduled physical education/supplemental fitness activities.

	Existing	Used for Activity
Gymnasium	462 (82.1%)	417 (74.1%)
Auditorium	78 (13.9%)	66 (11.7%)
Empty Classrooms	140 (24.9%)	101 (17.9%)
Classrooms not fully utilized; e.g., Kindergarten - A.M. only	70 (12.4%)	17 (3%)
Multi-Purpose Room	154 (27.4%)	109 (19.4%)
Hallway or Foyer	176 (31.3%)	98 (17.4%)
Music Room	100 (17.8%)	24 (4.3%)
School Site	272 (48.3%)	241 (42.8%)
Community Facilities	216 (38.4%)	200 (35.5%)
Other*	91 (16.2%)	90 (16%)

* Other = Playground, pools, stage, basement, another school gym, etc.

Fitness Testing/Award Programs

(5) *If your school is involved in fitness testing or an awards program, check appropriate box(es).*

The following fitness testing or awards programs are used by schools in the province of Manitoba.

Canada Fitness Awards	296 (52.6%)
Manitoba Schools Fitness Test	128 (22.7%)
ManFit Computer Program[1]	22 (3.9%)
Fitnesc Computer Program[2]	14 (2.5%)
Young Olympian Awards	11 (2.0%)
AAHPER Fitness Test Battery	5 (0.9%)
Duke of Edinburgh Awards	1 (0.2%)
Oth[illegible]	52 (15.2%)

* Other = Local school devised programs, Run-Jump-Throw Awards, division award systems, CHFT, Iowa Brace, etc.

N.B. 1 and 2 above are computer processing programs for the Manitoba Schools Fitness Test and CAHPER Fitness Awards respectively. The Manitoba Schools Fitness Test has been available to schools since 1978, and the Canada Fitness Awards Program since 1970. Both programs are expedited by Computer Services of the Department of Education.

Scheduled Supplemental Fitness

(6) *Please indicate the number of scheduled periods or sessions and number of minutes per cycle/week for each grade level having supplemental fitness.*

Approximately 15% of the schools in Manitoba at the K-6 level provide supplemental fitness activities in addition to the regular scheduled physical education program. (Refer to Page 9.)

Scheduled supplemental fitness activities are not as prevalent at the junior high school (7-9) level and almost non-existent at the high school (10-12) level.

Schools offering supplemental fitness activities schedule approximately 3-4 periods per week or cycle.

Number of Schools by Grade with

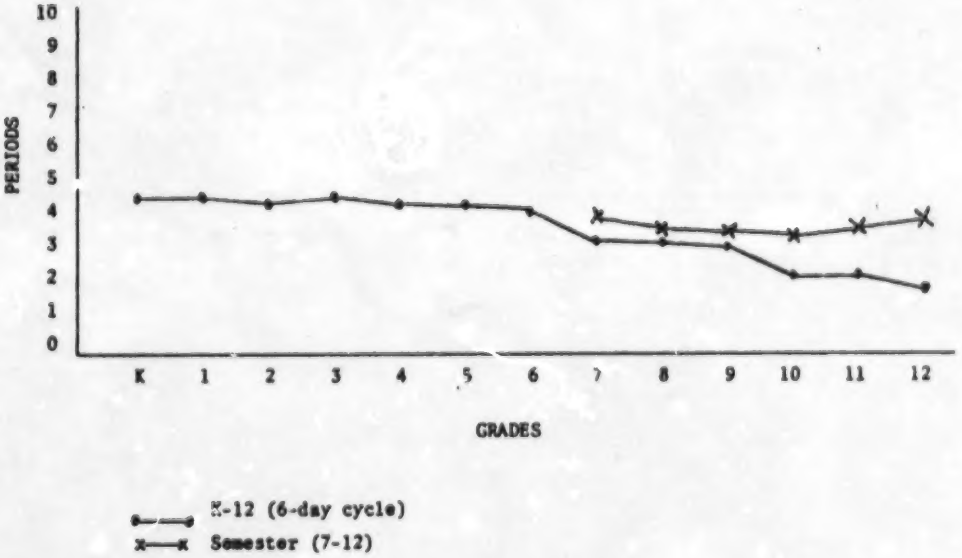
Scheduled Supplemental Fitness Periods

Grade	No. of Schools	(Semester)	No. of Periods	(Semester)	Amount of Time (Mean)	(Semester)
K	51		4.2		56	
1	78		4.4		65	
2	74		4.3		63	
3	80		4.3		61	
4	74		4.0		65	
5	70		4.0		63	
6	66		4.0		65	
7	35	(4.5)	3.0	(3.1)	71	(53)
8	31	(4.5)	3.0	(3.1)	75	(64)
9	17	(6)	2.8	(3.0)	66	(90)
10	5	(8.5)	2.0	(3.1)	76	(74)
11	4	(7.5)	2.2	(3.2)	85	(64)
12	4	(6.5)	1.7	(3.5)	87	(85)

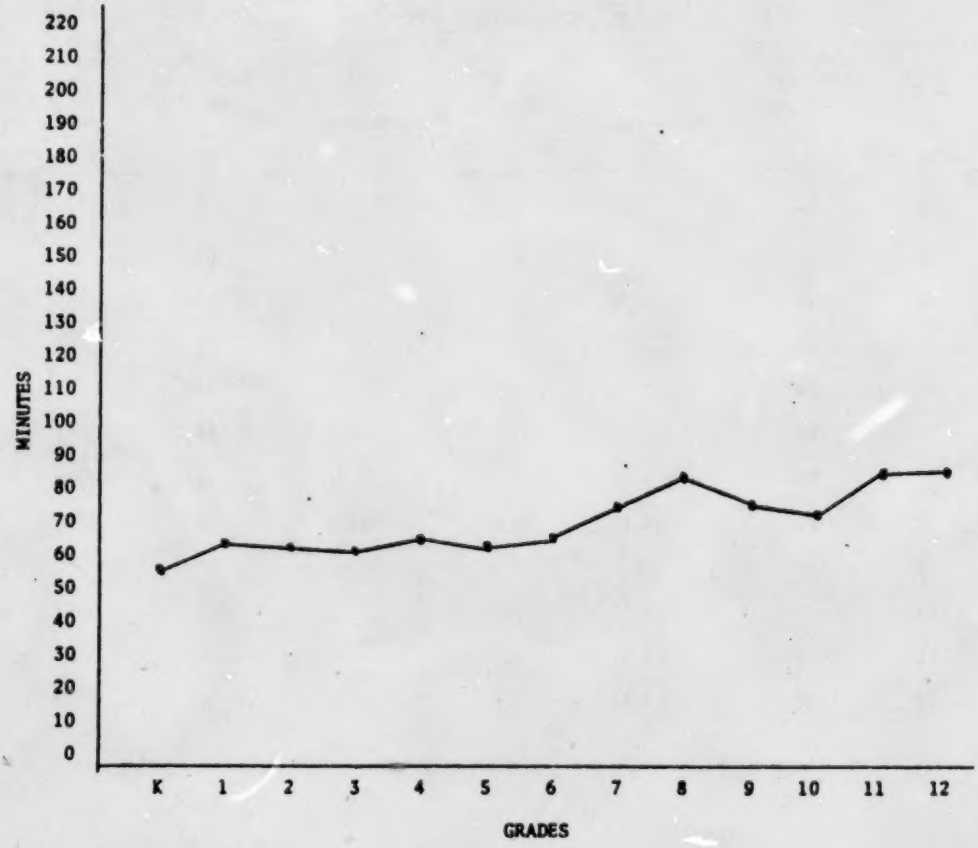
NUMBER OF SCHEDULED SUPPLEMENTAL FITNESS PERIODS

(PER 6 DAY CYCLE)

(Responding Schools Only)



SCHEDULED MINUTES (6 DAY CYCLE) OF
SUPPLEMENTAL FITNESS ACTIVITIES (K-12)
(Responding Schools Only)



Teacher Training Requirement

(7) *If daily physical education were to be implemented in your school, do you feel there are teachers in your school who will require in-service training? Please estimate how many teachers this will involve.*

Number of Schools requiring teacher in-servicing to implement a daily physical education/fitness program:

Yes	376
No	124
Unknown	63

Number of teachers requiring in-servicing:

K-6	2241
7-12	1691
Total	3932

Daily Physical Education (Desirability)

(8) *Do you feel that daily physical education is a desirable goal for your school?*

71.8% of principals responding feel that daily physical education is a desirable goal for their schools.

	Elementary (K-9)	High School (10-12)	Total	
Yes	300 (73%)	104 (77%)	404 -	71.8%
No	106 (27%)	31 (23%)	137 -	24.3%
Missing			22 -	3.9%
			563	100.0%

Reasons given are as follows (in priority):

- Improves fitness (33%)
- Desired goal for all (15%)
- Positive health benefits (14%)
- Daily physical education is already implemented (7%)
- Improves lifestyle (5%)
- Stimulates mental activity (5%)
- Improves academic performance (4%)
- Other (17%)

24.3% of principals responded in the negative to the question of daily physical education being a desirable goal. However, many stated that it would be desirable if certain barriers were overcome.

Reasons given for not subscribing to the concept are as follows (in priority):

- Insufficient time (25%)
- Inadequate facilities (15%)
- Recess and noon hour activities are sufficient to provide fitness (12%)
- Extracurricular activities are sufficient to provide fitness (10%)
- Existing program is adequate (7.5%)
- Conflict with academics (3%)
- Other (27.5%)

Additional Resources Required

(8 A) *Will you require additional resources for effective implementation of a daily physical education/fitness concept? List resources required.*

50.8% of the respondents did not fill out this section or did not feel additional resources were required to implement a daily physical education/fitness program.

49.2% (277) of the respondents felt they required additional resources or assistance to implement a daily physical education/fitness concept. Required resources are as follows:

- Additional facilities (24%)
- Additional staff (19%)
- Additional equipment (16%)
- In-service training (8%)
- Reference materials (7%)
- Program ideas (6%)
- Consultant/supervisor assistance (9%)
- Additional finances (4%)

(8 B) *If you were to implement daily physical education, what do you feel would be a reasonable target date for implementation?*

Reasonable Target Dates for the Implementation of Daily Physical Education/ Fitness Were Identified by the Respondents as:

1 year	32.3%
2 years	22.9%
3 years	7.5%
4 years	8.9%
No Comment/ Unknown	28.4%

Additional Comments

There was no specific frequency or significance to additional comments rendered by the respondents. However, the main comments suggested some necessity and priority for daily physical education/fitness and concern for the physical aspect of students. Others suggested facilities, time and staff deficiencies must be resolved before they could implement a daily physical education/fitness concept.